

## Lunch Menu, October 2025

Manners Goal: Let's hold our dishes correctly.

Principal Tetsuro Kawahara

Nutritional Goal: Let's learn about main and side dishes.

School Nutritionist Ayako Koide

Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g
1	W	الويحالويه والمرسالويه			Tokyo Citizens' Day	לופטלופטא לופטלופטא			
2	Th	Rice Chinese Tofu and Kinoko Soup	- 0	tofu	rice	ginger, shimeji, shiitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce	595	20.3
۷		Fried Spring roll		pork	cooking oil, Spring roll wrapper, v ermicelli, starch, sesame oil	ginger, scallion, bamboo shoots, dried shiitake, Chinese chive	sake, salt, pepper, soy sauce		
		Bean Sprout and Komatsuna Namul			sesame oil	komatsuna, carrot, bean sprouts	soy sauce		
	F	Grilled Sardine Rice Bowl	- 0	sardine	rice, cooking oil, starch, (light brown) sugar	ginger	sake, soy sauce, mirin	- 661	
3		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		26.1
3	'	Sesame-Seasoned Cabbage			(light brown) sugar, white sesame seeds	spinach, cabbage	soy sauce		26.1
		Orange Jelly	1	agar powder(kanten)	(white) sugar	orange juice, Canned summer mandarin			
6	М	Fukiyose Rice			rice, chestnut, (light brown) sugar	bamboo shoots, dried shiitake, shimeji, carrot	sake, soy sauce, kelp stock, salt, bonito flake stock kelp stock, bonito		
		Seasonal Clear Soup	0	steamed fish paste		komatsuna, scallion	flake stock, salt, soy	591	18.6
A		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake	371	10.0
0		Two-Colored Azuki Dango		Azuki Bean	rice flour, (light brown) sugar	pumpkin	salt		
		chicken cutlet bowl		chicken, egg	rice, (light brown) sugar, cooking oil, wheat flour, panko	onion, mitsuba (Japanese honeywort)	bonito flake stock, mirin, salt, soy sauce, pepper		30.3
7	Tυ	Hearty Miso Soup	0	miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock	670	
		Cabbage and Cucumber with Yukari				cucumber, cabbage	salt, yukari shiso (red perilla)		
		Fruit (satsuma orange)				satsuma orange			
8	W	Let's Enjoy Local Cuisine! 🕏	≀Nagas	aki Prefecture☆					
o	Oc	Nagasaki Champon	0	pork, naruto	Chinese noodles, cooking oil, sesame oil, (light brown) sugar	scallion, carrot, bean sprouts, cabbage, ginger	sake, salt, pepper, low salt soy sauce, chicken broth, Worcestershire sauce		23.9
05		Japanese Daikon and Hijiki Salad		hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper		
0		Fruit (Persimmon) 特別栽培 農作物		_		persimmon	зап, роррег		
	Th	Barley Rice	0		rice, barley				
		Miso Soup with Daikon and Komatsuna		fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock		
9		Grilled Mackerel with Green Onion Sauce		mackerel	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce,	561	24.0
		Marinated Vegetable			(white) sugar	carrot, cabbage, bean sprouts, cucumber, lemon	vinegar soy sauce, vinegar	-	
10	F	Gratin Bread	0	chicken, milk, cheese	bread, cooking oil, wheat flour	carrot, onion, mushroom	salt, pepper, bay leaf powder	560	24.6
C		Paprika Salad			cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper		
၁	₩.	Blueberry Yogurt	, .	yogurt	(white) sugar	blueberry jam, blueberry	red wine		
13	М	君牛五夫乡民	孝光	<i>****</i>	Sports Day	<b>光</b> 年	<b>声表考末</b> 8	\$ \$ \$	<b>~</b> *
		Rice	- 0		rice				21.0
14	Tυ	Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce	655	
• •		Potato Croquette		pork	cooking oil, potatoes, wheat flour, panko	onion	salt, pepper, Worchestershire sauce (semi-thick)		
		Cabbage Salad			cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
1.5	8	Saucy Yakisoba	0	pork	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, sake, Worcestershire sauce, Worchestershire sauce (semi-thick)	/50	01.0
15		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake	652	21.0
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## Don't forget to prepare ight angle

All students have to wear a mask during lunch preparation.

This is not just for hygienic reasons, but also to prevent infection.

Please prepare a new mask together with a cleaned lunch mat every day.

Please keep 2 to 3 extra masks in their randoseru or backpack as extras.

Thank you for your understanding



## School Lunch Fees ♪

School lunch fees are paid for by Minato City.

Although there is no cost to families, in an effort to decrease food waste, we ask that those who plan to be absent for an extended period notify the school of the length of the absence via an absence form. This will allow us to adjust the amount of food ordered and prepared. Please be sure to notify us of any changes in the length of your absence.

Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g
		Barley Rice			rice, barley				
		Satsuma Soup		pork, miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		25.0
16	Th	Grilled Chicken with Salted Koji	0	chicken			salted koji, sake	612	
		Marinated Chinese cabbage		fish shavings		komatsuna, carrot, Chinese cabbage	soy sauce	1	
		Mabo Eggpant Rice Bowl		pork, miso	rice, cooking oil, (light brown) sugar, starch, sesame oil	eggplant, garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive	sake, soy sauce, Chinese chili paste	620	22.1
17	F	Chinese Corn Soup	0	chicken	starch, sesame oil	ginger, onion, carrot, whole corn, cream corn, parsley	chicken broth, salt, pepper, soy sauce		
		Chinese Salad with Broccoli			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy		
		and Cabbage	<del>                                     </del>		rice, cooking oil, starch, (light brown)		sauce, chili oil		
		Sanma Rice	(4e.0)  40.1g	saury	sugar, white sesame seeds	ginger	salt, soy sauce kelp stock, bonito	615	21.9
20	М	Clear Soup with Hanpen		hanpen		komatsuna, scallion	flake stock, salt, soy		
		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce		
		Fruit (satsuma orange)	特別栽培 農作物			satsuma orange			
		Kinoko Spaghetti		bacon	cooking oil, starch, spaghetti	garlic, ginger, onion, carrot, shimeji, eringi, mushroom	sake, salt, pepper, soy sauce		
21	Τυ	Koro-Koro Salad	0		potatoes, cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, whole com, onion	vinegar, salt, pepper	600	19.7
		Baked Apple			(white) sugar, butter	apple	cinnamon powder	1	
		Rice with Wakame		wakame seaweed seasoning	rice, white sesame seeds				
20	,	Miso Soup w/Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna	bonito flake stock		25.5
22	W	Tuna Omelette	0	tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce	603	
		Marinated Bean Sprouts	-			komatsuna, carrot, bean sprouts	soy sauce	1	
		Pizza toast	0	bacon, cheese	bread, cooking oil	whole tomatoes, garlic, onion, mushroom, bell pepper	salt, pepper, basil, oregano		28.3
23	Th	Pot-au-feu 特別栽培		chicken	potatoes	ginger, carrot, onion, celery, cabbage, broccoli	chicken broth, white wine, salt, pepper, bay leaf powder	590	
		Fruit (pear)				pear			
0.4		Rice Miso Soup w/Tofu and Nameko	0	tofu, miso	rice	nameko mushroom, komatsuna, scalion	bonito flake stock	513	25.2
24		Grilled Squid w / green onion sauce		squid	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		Japanese Bean Sprout Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
	Sa	Carrot Rice with Creamy Chicken Sauce	0	chicken, milk	rice, cooking oil, wheat flour	carrot, parsley, onion, mushroom, broccoli, ginger	white wine, salt, pepper, bay leaf powder, chicken broth		20.1
25		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, arain mustard	640	
		Fruit (apple) 特別數線 農作物				apple	grammosiara		
27	М	* * *	y • *	* * * * * * *	Substitute Holiday	** * * * * *	• * * • * *		
		Stamina Rice Bowl	0	pork	rice, cooking oil, (white) sugar, starch	garlic, ginger, onion, bamboo shoots, bell pepper, red bell pepper	sake, soy sauce, salt, pepper, oyster sauce		25.1
28	Τυ	Spicy Vermicelli Soup			vermicelli, sesame oil	ginger, cloud ear mushroom, bok-choy, scallion	chicken broth, sake, salt, Chinese chili paste, soy sauce	601	
		Chinese Salad with Bean			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy	1	
		Sprouts  Let's Enjoy Food from Around	d the W	I 'orld! ☆Britain☆		<u>I</u>	sauce, pepper		
	w	Cheese Bread	T	cheese					
29		ABC Soup		chicken	macaroni	ginger, carrot, onion, mushroom, cabbage	chicken broth, salt, bay leaf powder, pepper		26.2
8		Fish & Chips	×	cod, egg	cooking oil, wheat flour, potatoes		salt, pepper, spakling water	591	
000					cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard		
To o		Coleslaw Salad			Cooking oil, (iight brown) sogai	,	g		
T. S		Coleslaw Salad  Yoghurt Drink		drinkable yogurt	COOKING OIL, INGITI DIOWITY SUGGI		9		
				drinkable yogurt chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin		
30	Th	Yoghurt Drink	0				kelp stock, sake, salt, vinegar, soy sauce,	652	20.8
30	Th	Yoghurt Drink  Mixed Inari  Japanese-Style Salad with	0		rice, (light brown) sugar, cooking oil cooking oil, sesame oil, white sesame seeds rice flour, (white) sugar, (light brown)	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin vinegar, salt, soy	652	20.8
		Yoghurt Drink  Mixed Inari  Japanese-Style Salad with Cabbage	0		rice, (light brown) sugar, cooking oil  cooking oil, sesame oil, white sesame seeds rice flour, (white) sugar, (light brown) sugar, starch bread flour, (white) sugar, cooking oil,	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin vinegar, salt, soy sauce, pepper soy sauce, mirin	652	20.8
30	Th F	Yoghurt Drink  Mixed Inari  Japanese-Style Salad with Cabbage  Mitarashi Dumpling	0		rice, (light brown) sugar, cooking oil  cooking oil, sesame oil, white sesame seeds rice flour, (white) sugar, (light brown) sugar, starch	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin vinegar, salt, soy sauce, pepper	652	20.8